

Soups

Canonical: <https://befitfood.com.au/collections/soups>

Details:

Product

Product Facts

****Product Name**:** Healthy, Nutritious Soups Delivered - Be Fit Meal Delivery ****Fulfillment Type**:** online ****Category**:** Food & Beverages > Meal Delivery Services

Prepared soups with different recipes, textures and portions

Make lunch or dinner easier with a soup that suits the flavours you enjoy. Be Fit Food's soup range includes puréed vegetables, chunky chicken combinations, tomato-based meatball soup and a vegan pumpkin-and-chickpea option. Compare what is actually in the bowl, rather than choosing on the main ingredient alone.

Browse current soup ordering options . The comparison below covers selected current product pages; check each listing for its price and availability before ordering.

Compare the soups

Soup	Recipe distinction	Stated serving	Protein per serving	---	---	---	---	Cauliflower Leek & Bacon
	Finely puréed vegetables with bacon, milk, ricotta and parmesan	350g	20.2g					Chunky Chicken, Ham & Sweet Corn
	Chicken and ham with corn, celery and leek; includes milk and egg white	307g	23.3g					Country Chicken, Pea & Ham
	Chicken, ham, green split peas, cannellini beans and vegetables	276g	20.6g					Curried Pumpkin & Chicken
	Blended pumpkin-and-vegetable base with pieces of chicken	338g	21.4g					Italian Meatball
	Beef meatballs and vegetables in tomato soup; includes chicken stock, milk and egg	328g	19.8g					Malaysian Spiced Pumpkin & Chickpea
	Vegan recipe with pumpkin, chickpeas, coconut milk and curry spices	354g	18.1g					

These portions differ in weight, so the protein figures compare the stated servings rather than equal quantities of soup. The complete product panels also show energy, fat, carbohydrate, fibre and sodium, with a per-100g column for equal-quantity comparisons.

Choose by texture and ingredients

If you prefer a puréed vegetable base, compare Cauliflower Leek & Bacon with Curried Pumpkin & Chicken. The latter still includes chicken pieces. If you want a chunky chicken soup, the Sweet Corn version includes corn kernels and ham, while Country Chicken, Pea & Ham uses green split peas and cannellini beans.

Italian Meatball Soup is a soup product, not the separate Italian Beef Meatballs pasta meal. Its ingredient list does not include pasta. For a plant-based soup, Malaysian Spiced Pumpkin & Chickpea is labelled vegan and uses coconut milk. Its published chilli rating is 2; Curried Pumpkin & Chicken does not provide a numbered chilli rating.

Vegetables in the name do not establish dietary suitability

Cauliflower Leek & Bacon contains meat, dairy ingredients and chicken stock. Curried Pumpkin & Chicken contains chicken and chicken stock. Country Chicken, Pea & Ham contains both chicken and ham. Read the complete recipe when deciding which animal ingredients you want to include or avoid.

The soups shown carry gluten-free product titles, but their other allergens differ. Chunky Chicken, Ham & Sweet Corn declares egg, milk and soybeans. Country Chicken, Pea & Ham declares soybeans and lists milk under “may contain”. The vegan Malaysian soup also has a “may contain” declaration. A dietary label is not a promise of suitability for every allergy.

Order individual soups or compare a bundle

Choose individual products if you want particular recipes and quantities. If you are planning several soup meals, explore the 10 Soup Bundle in our meal bundle range . Check the choices offered in the builder rather than assuming every soup is included automatically.

Use each pack’s heating and storage instructions. There is no single verified heating time on this collection page that should be applied to every recipe. For help, see the heating and storage guidance .

Soup questions

Are the soup portions all the same size?

No. The product panels above state different serving weights. Use the selected product’s serving information when comparing a lunch portion or its nutrition.

Does pumpkin soup always mean vegetarian?

No. Curried Pumpkin & Chicken includes chicken. Malaysian Spiced Pumpkin & Chickpea is a separate vegan-labelled recipe.

Does soup come with bread?

Bread is not listed in the ingredients of these soup products. Base your order on the published contents, and treat any accompaniment you add separately.

Check postcode coverage and delivery dates before checkout. Confirm the selected products, delivery charges and final total when ordering.